

**BUSINESS
BREAKFAST
MENU
SUMMER
2017/2018**

E P I C U R E
— AT —
BRISBANE CITY HALL



EPICURE PHILOSOPHY

EPICURE does more than just serve food, stage events, and offer the best possible produce. our philosophy runs much deeper.

Favouring local suppliers, we're always aiming to reduce our carbon footprint by supporting home grown, environmentally sustainable produce. it's a food philosophy that we feel very strongly about.

It goes to the heart of the epicurean philosophy—creating happiness through good food, good wine, good friends—in a way that does no harm. this approach means we are constantly researching suppliers who produce food of exceptional quality using humane methods.

We use free range poultry and free range smallgoods wherever possible, and we never use cage-reared eggs. all seafood is Australian, farmed or wild. our philosophy also extends to the sourcing of specialty local dry goods such as nuts, grains, and vinegars, as well as local mineral water, 100% Australian orange juice and a fair-trade coffee blend.

This approach has helped us to create exciting seasonal menus that revolve around fresh local produce when it's at its best. So, whatever time of year your event is being held, you'll be guaranteed an outstanding meal.

Our chefs combine this ethical approach with their great passion and extensive experience. they draw inspiration from food trends from around the world and bring this to all their dishes. good food with an ethical approach, not only creates a great event, it's a key ingredient in the good life.

MENU KEY

(v) Vegetarian (may contain egg, dairy products and/or honey)

(ve) Vegan (contains no animal products)

(gfp) Gluten-free product*

(nfp) Nut-free product*

(dfp) Dairy-free product*

*Although this dish is prepared with gluten or nut-free products, we cannot guarantee it is 100% gluten or nut-free as the dish is prepared in kitchens that also use gluten products and nuts.

SPECIAL REQUESTS

If any of your guests have particular dietary requirements, please advise us as soon as possible prior to your event.

NOTE

Due to the seasonal nature of this menu, some items may not always be available. while we will endeavour to provide your desired selection, we may need to make substitutions from time to time.

BUSINESS BREAKFAST

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*The essential start to a productive day***ON ARRIVAL****Tropical fresh fruit plate**

manuka honey, macadamia nut & coconut yoghurt (gf) (df) (v)

Selection of flaky butter croissants & fruit pastries**SERVED INDIVIDUALLY PLATED****The EPICURE breakfast**

free range eggs, pesto & ricotta, grilled free range bacon, roasted field mushroom, confit vine tomato & toasted sourdough

Poached eggs & smashed avocado

grilled sourdough, confit baby roma tomatoes & chilli relish (v)

Eggs benedict

English muffin, baby spinach, shaved double smoked ham & chive hollandaise

Tasmanian smoked salmon

poached eggs, grilled ciabatta & vine tomatoes

Blueberry pancakes

cinnamon mascarpone, maple syrup

SERVED CONTINUOUSLY**Fresh juice**

freshly squeezed orange juice

Coffee & tea

Grinders fair trade coffee, Temple tea selection

MODERN HEALTHY BREAKFAST**37**

a tasty, nutritious breakfast, low in saturated fats and added sugars and complete with omega 3 oils for healthy brain function, high in antioxidants, protein and fibre with sustained energy to get you through the day

SERVED TO THE TABLE**Coconut yoghurt & macadamia nut**

honeycomb (df) (gf) (v)

Fresh tropical fruit plate

natural yoghurt & berries

SERVED INDIVIDUALLY PLATED OR BUFFET STYLE

Please select one

Free range poached eggs

grilled roma tomato, baby spinach & field mushroom

Zucchini & linseed fritters

grilled haloumi, smoked tomato relish (v)

SERVED CONTINUOUSLY**Fresh juice**

orange, apple & grapefruit

Coffee & tea

Grinders fair trade coffee, Temple tea selection

CONTINENTAL BREAKFAST

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SERVED ON THE TABLE OR BUFFET STYLE**Coconut yoghurt & macadamia nut**

honeycomb (df) (gf) (v)

Selection of flaky butter croissants & fruit pastries**Fresh tropical fruit plate**

local honey & coconut yoghurt

SERVED CONTINUOUSLY**Fresh juice**

freshly squeezed orange juice

Coffee & tea

Grinders fair trade coffee, Temple tea selection

PRODUCE NOTES

MEAT & POULTRY

GOORALIE FREE-RANDE PORK is a mixed farming property near Goondiwindi, on Queensland's fertile Darling Downs. they produce pork that is supreme in taste and tenderness. This is achieved through a stress-free environment allowing them to be "as happy as" and fed a diet free of chemical residue, antibiotics and hormone growth.

FREE RANGE CHICKEN is our preference at EPICURE. We source the best local free range chicken which both supports local producers and means the chickens are reared in the most humane way possible, living as nature intended.

FISH & SEAFOOD

RIVER CITY SEAFOODS are our chosen suppliers of local and sustainable seafood. **HARVEY BAY, MOOLOOLABA, BUNDABERG AND the FRASER COAST** are just a few of the regions where our seafood comes from. Australia is a world leader in sustainable fisheries management both wild caught and aquaculture systems.

AQUACULTURE refers to raising fish, prawns, oysters, and other marine or freshwater foods under controlled conditions in water, either in ponds on shore or contained in net cages located in bays or in the open ocean.

DAIRY

The brief version of the history of cheese making in Queensland started in Toowoomba accredited for producing Australia's first blue-vein cheese while Warwick was well known for its cheddar. locals were fiercely loyal to their own cheese makers but, as the co-ops grew, multinational corporations swallowed them up. local cheese basically ceased to exist and those who wanted more than the homogenised supermarket variety relied on Victorian or Tasmanian cheeses to furnish their plates. In the past decade, there has been a welcomed return to artisan cheese making. now there are over twenty small producers in Queensland, making everything from buffalo milk mozzarella to specialty swiss cheeses as well as goat and sheep's milk cheeses.

COFFEE

At EPICURE we only use **FAIR TRADE COFFEE**. **Fair trade coffee** is coffee which is purchased directly from the growers for a higher price than standard coffee. the purpose of fair trade is to promote healthier working conditions for all aspects of farming and production as a large proportion of the world's coffee is produced in underprivileged countries. buying direct from the growers at a higher price than standard ensures growers a guaranteed minimum fair price for their coffee.